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## Sens pick 'gritty' Curtis Lazar

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**NO HAIR BANDS**

**LIVE  
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# True Patriot Love

Revellers celebrate Canada Day on Parliament Hill **SEE STORY ON PAGE 3**



JOE LOFARO/METRO

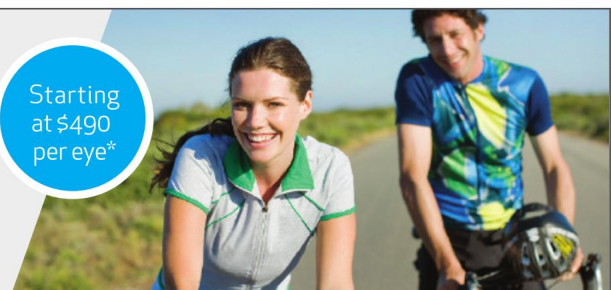
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# O Canada! Celebrating 'the best country in the world'

**Our home and native land.** Canadians, and Canucks for the day, party in downtown Ottawa for our nation's 146th birthday



**JOE LOFARO**  
joe.lofaro@metronews.ca

Downtown was the place to be on Canada's 146th birthday Monday, with national icons from astronaut Chris Hadfield to pop star Carly Rae Jepsen reminding everyone what it means to be Canadian.

Several thousand people dressed in their best red-and-white attire planted themselves on the Parliament Hill lawn to catch performances by artists like Metric and Marie Mai as well as speeches by Prime Minister Stephen Harper and Heritage Minister James Moore, who enjoyed front-row seats.

Barrhaven's Hélène Campbell introduced the minister after busting a move with revellers and introducing a new Canadian citizen.

Canada Day 2013 will be a memorable one for Rachel Chu, 11, who got her iPod autographed by Jepsen after she ended the show with her addictive hit, Call Me Maybe. In between the performances many speakers made mention of Albertans still recovering from the devastating June flood.

"When the floods forced so many from their homes, communities dug deep, neighbours helped neighbours, and people sheltered complete strangers. That's the spirit that makes Canada



Impeccably stenciled Canadians walk up Rideau Street on the way to Parliament Hill Monday. JOE LOFARO/METRO

the best country in the world; the best bar none," the Prime Minister said to a large applause.

In Major's Hill Park, Nearby on Wellington Street, another mass of people filled every nook and cranny as

they snapped pictures and watched buskers entertain.

International student Francesca Masoni and her friends in the Rotary Exchange program gave free hugs to strangers during their stop in Ottawa Monday.

The group is travelling from Prince Edward Island to British Columbia as they learn English.

They were unable to contain their enthusiasm about Canada when asked what they like about their host

country as they all tried to speak over each other at the same time.

"We love Canada," said Masoni, who is from Italy.

"Canadian people are so friendly and they are so proud to be Canadian."

## What does Canada Day mean to you?

"I see the diversity of the people from the different country backgrounds ... together celebrating Canada."



Xi Chu, Ottawa

"(For) me, Canada is the French-Canadian major's accent when he's describing the Snowbirds (on CBC). That's Canada."



Noral Rebin, Ottawa (on right)

"It's a chance to just celebrate being Canadian. It's the best country in the world."



Nicola Bill, Ottawa (with son Lucas)

"We (get to have) a great, great life for our children and for all the family. It's a pleasure for us to live here."



Hicham Moussaid, Longueuil, Que.

"Travelling abroad you see the Canadian flag and you know that person is going to be nice. They're just amazing people."



Hart Wener, Calgary

1 NEWS



## MacKenzie King Bridge

## Man injured after stabbing

Police are asking for the public's help in identifying a suspect in a late-night stabbing on Sunday. Police were called to the MacKenzie King Bridge area just before 11 p.m. An injured man was taken to hospital in stable condition. Anyone with information is asked to contact police or Crime Stoppers. **METRO**

## Two fires, one house

## Police investigate suspicious fires

A fire in the city's south end has been deemed suspicious. Firefighters were called to a residence at 66 Gateville Private just after 3 a.m. Saturday. They say they found two fires: one in the basement and one in a closet on the second floor. Damage is estimated at \$195,000. Three people were displaced. **METRO**

## Veronique St Denis

## Police search for missing woman

Ottawa police are searching for a missing 29-year-old. Veronique St Denis was last seen in the area of the 200 block of O'Connor Street a week ago. She is described as white, five-foot-seven, 160 pounds with dark curly hair. Anyone with information about St Denis' whereabouts is asked to contact Ottawa Police. **METRO**



Veronique St Denis HANDOUT

## Mooney's Bay

## Kayaker shot with pellet gun

A kayaker was shot in the arm with a pellet gun on Mooney's Bay on Sunday. Police are looking for four white males between 16 and 18 who were seen walking away from the shore after the incident. One was wearing black and red while the rest appeared to be dressed mostly in black. **METRO**

## This week

## 417 work goes on

Overnight lane reductions will be in place on Highway 417 westbound from the split to Vanier Parkway Wednesday. City hall approved 24-hour construction on the 417 until September. The St. Laurent southwest and northwest on-ramps will be closed Wednesday night, as will the Vanier eastbound off-ramps. **METRO**

# Laurier Ave. bike lanes should stay in: City staff

**Successful pilot.** Long-term plans would see a raised cycling track along Laurier Avenue

The Laurier Avenue segregated bike lanes have drastically increased cycle trips through the downtown core and should remain a permanent fixture, city staff say.

A staff report, going to the city's transportation committee on Friday, says the two-year pilot project has been a success, and the lanes have "achieved their main objectives of significantly increasing bicycle traffic and cycling mode shares within the downtown area."

There have also been fewer cyclist-vehicle collisions along Laurier Avenue. Motor vehicle travel has not been drastically affected. Parking has also not been reduced — staff report that public parking within a 10-minute walking distance of Laurier between Elgin and Lyon has had a net increase.

Emergency responders have reported no significant delay in response times — a concern with the concrete curbs that separate the bike lanes from the street. Accessibility issues identified at the start of the two-year pilot project have been largely addressed, staff added.

City staff are already recommending next steps, suggesting some minor signage and pavement-marking adjustments between Bronson and Bay to provide 22 additional on-street parking spaces this year.

Next year, staff recommend creating a permanent raised cycle track on the north side of Laurier, bringing the bike lane to the same level as the sidewalk.

But the real work comes after 2018, when Laurier is slated for a revamp. That year coincides with the opening of Ottawa's Confederation light-rail line, and the reconstruction of the street will provide a cost-effective opportunity to make the lanes permanent.

ALEX BOUTILIER/METRO



A cyclist rolls down Laurier Avenue on Monday. City staff are recommending the segregated bike lanes along the street be made permanent. The transportation committee will vote on the lanes this Friday. ALEX BOUTILIER/METRO

## Petawawa. Murder charge after stabbings

A 25-year-old man is facing a murder charge after an alleged stabbing incident that left a man dead and a woman and a girl seriously wounded in the small eastern Ontario town of Petawawa.

OPP say that on Friday morning, police found the body of Danny Petersma, 56, in a home in Petawawa, sparking a manhunt to locate the suspect.

Within a few hours, police had a man in custody, after deploying the OPP emergency response team, a K-9 unit and a helicopter.

Meanwhile, police say the wounded 55-year-old woman and 17-year-old girl were taken to hospital, where they remain with serious injuries.

OPP spokeswoman Sgt. Kristine Rae says Brian David Goddard, 25, of no fixed address appeared in court via video on Saturday to face charges of first-degree murder and two counts of attempted murder.

Goddard was remanded until a court appearance set for Tuesday.

The OPP is asking anyone with information to contact police. **THE CANADIAN PRESS**

# NCC lists demands for Western LRT expansion



The NCC's Russell Mills speaks to reporters on Friday. GRAHAM LANKTREE/METRO

The National Capital Commission's board announced four conditions they want met before signing off on Ottawa City Hall's western light-rail extension plans Friday.

Part of the city's proposed Richmond Underground plan would run rail over Rochester Field — NCC land near the Sir John A. Macdonald Parkway. More than half of the 1.2-kilometre stretch would be underground. "The board thinks the best and most obvious solution would be to put the entire 1.2

kilometres underground," said NCC board chairman Russell Mills on Friday.

"We have no idea what the cost is. This land belongs to all the people of Canada and we have to be very careful how we give it up for a local use."

The city's proposed compromise, which would run 700 metres of the track underground, added an estimated \$80 million to the project's \$900 million price tag. Putting the track completely underground is expected to add tens

of millions more.

Yet Mills remained steadfast after a unanimous vote by the board that any new proposal from the city must meet the four conditions before the NCC signs off.

The demands include unimpeded access to the corridor lands and the shorelines of the Ottawa River. The project must have "minimal visual impact on the corridor landscape," wrote the board in a checklist.

The board also requires NCC staff have authorization from

the city "to integrate in their review of the project any other mitigation measures deemed essential ... to the NCC Board." They asked the city to bring a detailed proposal for putting the corridor underground to them by September.

"Mayor Watson looks forward to discussing the NCC motion with members of council and city staff later next week," wrote Mayor Jim Watson's press secretary Ryan Kennery in an email when asked for a reaction. **GRAHAM LANKTREE/METRO**



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# Egypt's military standing by

## 'The people's demands'

Mohammed Morsi gets 48-hour ultimatum to reach agreement with his opponents or the military will intervene

Egypt's powerful military warned on Monday it will intervene if the Islamist president doesn't "meet the people's demands," giving him and his opponents two days to reach an agreement in what it called a last chance. Hundreds of thousands of protesters massed for a second day calling on Mohammed Morsi to step down.

Military helicopters, some dangling Egyptian flags, swooped over Cairo's Tahrir Square where many broke into cheers with the army's announcement, read on state television. The statement seemed to fuel the flow of crowds into city squares around the country where protesters chanted and sang. The military's statement puts enormous pressure on

## Chant

"Come out, el-Sissi. The people want to topple the regime!"

Protesters in the Nile Delta city of Mahalla el-Kubra changed, urging military chief Gen. Abdel-Fattah el-Sissi to intervene

Morsi and his Muslim Brotherhood. So far, the president has vowed he will remain in his position, but the opposition and crowds in the street — who numbered in the millions nationwide on Sunday — have made clear they will accept nothing less than his departure and a transition to early presidential elections.

Morsi met Monday with military chief Gen. Abdel-Fattah el-Sissi and Prime Minister Hesham Kandil, according to the president's Facebook page.

Troops in Cairo on Monday manned checkpoints on roads leading to a pro-Morsi rally of Islamists near his palace. They checked cars for weapons, after repeated reports some Islamists were arming themselves.

THE ASSOCIATED PRESS



Egyptian women react to the military's 48-hour ultimatum for President Mohammed Morsi and opposition leaders to reach an agreement, in Cairo Monday.

AMR NABIL/THE ASSOCIATED PRESS

## Puerto Rico. Woman accused in Canadian husband's death arrested

A woman accused of hiring someone to kill her wealthy Canadian husband on the U.S. Caribbean island of Puerto Rico was arrested Sunday in Spain after being sought for five years in the alleged murder-for-hire scheme.

Moises Quinones, the FBI's spokesman in Puerto Rico, said Aurea Vazquez Rijos was arrested by the Spanish police at an airport in Madrid. The Puerto Rican suspect was taken into custody as she was getting off a flight from Italy, where she has lived for years and gave birth to another man's twins.

Abe Anhang, the victim's father, said authorities told him that Vazquez's sister and her former husband have also been charged and arrested in Puerto Rico in connection with his son's killing in 2005.

"We're hopeful that after such a long time that justice will be done," Abe Anhang said by telephone from his home in Winnipeg. "It's been almost five years since she's been a fugitive in Italy."

After Adam Anhang's murder, Vazquez refused to co-operate with investigators and filed a civil suit against her late husband's family, seeking \$1 mil-

## Alleged murder-for-hire

A U.S. grand jury charged Vazquez in 2008 with offering a man \$3 million to kill her husband, real estate developer and Winnipeg native Adam Anhang.

- She denied the charges but refused to co-operate with investigators and fled Puerto Rico for Italy, where she lived in Florence and more recently Venice.

lion in damages and millions more from his estate. A judge in Puerto Rico dismissed her suit.

Anhang, 32, was beaten and stabbed to death in a popular tourist district of the Puerto Rican capital in September 2005 as he walked with Vazquez. She sustained minor injuries in the attack.

A wrongfully convicted Puerto Rican man spent eight months in a maximum security prison for the high-profile slaying of Anhang before getting released in June 2008 after another man, Alex Pabon Colon, was indicted for the murder.

THE ASSOCIATED PRESS

## Puppets4All

Palestinian show is right up Israel's Sesame Street

Puppeteers from the Israeli version of Sesame Street are protesting Israel's closure of a Palestinian puppet festival. Ariel Doron, who plays Elmo on the Israeli version of the children's television show, created a Facebook group named Puppets4All calling on Israel to permit the festival. Israeli police shut down the Palestinian national theatre in Jerusalem last week and cancelled the festival.

THE ASSOCIATED PRESS

## Statute of limitations up

Lawsuits against ex-Elmo puppeteer tossed out

A judge has tossed out three lawsuits brought by men who said former Elmo puppeteer Kevin Clash sexually abused them when they were underage. The judge said the claims came more than six years after each man reasonably should have become aware of Clash's alleged violations.

THE ASSOCIATED PRESS

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# City, state and nation mourn 19 firefighters

**Prescott, Ariz.** Sudden shift in wind direction and speed blamed for boosting erratic blaze

As the windblown blaze suddenly swept toward them, an elite crew of firefighting "Hotshots" desperately rushed to get out their emergency shelters and take cover under the heat-resistant fabric.

By the time the flames had passed, 19 men lay dead in the nation's biggest loss of firefighters in a wildfire in 80 years.

The tragedy Sunday evening all but wiped out the 20-member Granite Mountain Hotshots, a unit based in the small town of Prescott, local fire chief Dan Fraijo said as the last of the bodies were retrieved from the mountain. Only one member survived, and that was because he was moving the unit's truck at the time, authorities said.

The deaths plunged the town into mourning, and Arizona's governor called it "as dark a day (as) I can remember" and ordered flags to half-staff.

"We are heartbroken about what happened," said President Barack Obama. He predicted the tragedy will force government leaders to answer broader questions about how they handle increasingly destructive and deadly wildfires.

The lightning-sparked fire — which had exploded to about 34 square kilometres by Monday morning — destroyed about 50 homes and threatened 250 others in and around Yarnell, a town of 700 people in the mountains about 137 kilometres northwest of Phoenix, the Yavapai County Sheriff's Department said.

Residents huddled in shelters and restaurants, watching



The wife of a slain firefighter hugs her father-in-law in front of Prescott Fire Station #7 on Monday.

DAVID WALLACE, THE ARIZONA REPUBLIC/THE ASSOCIATED PRESS

their homes burn on TV as flames lit up the night sky in the forest above the town.

It was unclear exactly how the firefighters became trapped. Southwest incident team leader Clay Templin said the crew and its commanders were following safety protocols, and it appears the fire's erratic nature simply overwhelmed them.

Brian Klimowski, meteorologist in charge of the National Weather Service's Flagstaff office, said there was a sudden increase and shift in wind around the time of the tragedy. It's not known how powerful the winds were, but they were enough to cause the fire to grow from 80 hectares to about 800 in a matter of hours.

THE ASSOCIATED PRESS

## Gambit for survival

- As a last resort, Hotshot crews are trained to dig into the ground and get under a tent-like shelter made of fire-resistant material.
- All 19 victims had deployed their shelters, according to Arizona Forestry Division spokesman Mike Reichling.
- The hope in that desperate situation is that the fire will burn over them.
- Some of the firefighters were found inside them, while others were found outside the shelters.



The Granite Mountain Hotshots practice setting up emergency shelters outside of Prescott, Ariz. CONNOR RADNOVICH, CRONKITE NEWS FILE/THE ASSOCIATED PRESS

# No day off for flood volunteers

Despite Mayor Naheed Nenshi's suggestion that Calgarians swap their rubber boots for party shoes in celebration of Canada Day, many local volunteers refused to take a day off from helping neighbours in need.

The particularly hard-hit community of Mission was abuzz Monday with dozens of volunteer restoration crews, as well as others spreading cheer by offering workers cold beer and food.

Numerous tradesmen were also out offering their work pro-bono to flood victims.

"You can't even go into a house without there already being like 30 people in there helping," said Lyndee Kehler, who was volunteering in Mission on Monday with friends Nicole Swanson and Natasha Puka.

"We figured handing out beer would be a good idea," Swanson said. "It's hot out

and it's Canada Day."

The three friends, who plan to continue their volunteer efforts by heading to High River next, said they were impressed by the abundance of people supporting the volunteer workers with food, drinks and free services.

"We've been really well fed," said Puka.

"There was a guy bringing shawarma and all kinds of things."

ALLISON PARDER/FOR METRO



From left: Lyndee Kehler, Natasha Puka and Nicole Swanson celebrate Canada Day after volunteering in Mission, Alta. ALLISON PARDER/FOR METRO

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## Debit-card fees. McDonald's franchise offers more payroll options after employee sues

A McDonald's franchise in Pennsylvania says it will give employees more payment options after it was sued by a former employee who says she was charged a fee to access her wages from a debit card.

Company spokeswoman Christina Mueller-Curran says employees of 16 McDonald's restaurants in northeastern Pennsylvania will be given the option of getting paid via direct deposit or paper cheque. Mueller-Curran says the debit card used by franchise owners

### Paid via debit card

- Former employee Natalie Gunshannon alleges she was charged \$1.50 to withdraw cash. Her suit brought attention to the practice of paying low-wage employees via debit cards that can be laden with fees.

Albert and Carol Mueller includes free withdrawals.

THE ASSOCIATED PRESS

## Digital copyright. Court puts off class-action decision in Google book-scanning fight

A U.S. federal appeals court in New York says it is too early for authors to be considered as a group in litigation challenging Google Inc.'s plan to create the world's largest digital library.

The 2nd U.S. Circuit Court of Appeals said in a ruling Monday that a judge must consider fair use issues before deciding whether to consider authors as a class. The court says neither side will be harmed by a delay in

deciding whether the Authors Guild can represent all writers.

So far, Google has copied more than 20 million books. The three-judge appeals panel that heard arguments earlier this year seemed reluctant to get in the way of the plans.

One judge said it would be a "huge advantage" for many authors while another said it would have "enormous societal benefit." THE ASSOCIATED PRESS



A staff member at the University of Michigan's Buhr Shelving Facility stands amid 2.4 million books scheduled to be digitized in this 2004 file photo. A legal battle over Google's book-scanning project has been prolonged by a U.S. federal appeals court. THE DETROIT NEWS/THE ASSOCIATED PRESS FILE

### New York City

## Random House, Penguin complete mega-merger

Random House Inc. and Penguin Group have completed a planned merger that creates the world's largest publisher of consumer books.

Parent companies Bertelsmann and Pearson said they signed the final contracts on Monday to combine the global activities of the two publishers and create Penguin Random House. Random

House parent Bertelsmann will hold 53 per cent of the new company and Penguin owner Pearson 47 per cent.

Penguin Random House will include top-selling authors such as Dan Brown and Ken Follett and a vast back catalogue ranging from John Steinbeck's *The Grapes of Wrath* to Ralph Ellison's *Invisible Man*.

Random House chief executive Markus Dohle becomes CEO of the privately held new group, based in New York. Penguin's CEO John Makinson will be the chairman of its board of directors.

THE ASSOCIATED PRESS



Mark Carney, the new governor of the Bank of England, attends a briefing with officials on his first day on the job inside the central bank's headquarters in London on Monday. JASON ALDEN/POOL/THE ASSOCIATED PRESS

# It's Canada's day at the Bank of England

## Auspicious start date. Mark Carney kicks off new job in London amid high expectations

Canadian Mark Carney, the first non-Brit to run the Bank of England in its 319-year history, has started work amid hopes that he can help revive the economy.

Carney beamed as he arrived by Underground before 7 a.m. on Monday. Looming on

his agenda is a Monetary Policy Committee later this week. The nine committee members will discuss whether to expand a stimulus plan that has pumped about \$600 billion into the economy since 2009.

The economy is still struggling. It grew just 0.3 per cent in the first quarter this year compared with the previous quarter.

The 48-year-old former governor of the Bank of Canada has been lauded for steering Canada through the 2008 financial crisis and for oversee-

### Quoted

"He's got that charisma. People will warm to him."

Paul Kavanagh, senior market strategist for Killik & Co.

ing the fastest recovery of any G8 country.

The new guy from Ottawa is getting hyped as a departure from his predecessor, the quiet and reserved Mervyn King, who came from the grey, serious world of central banking.

"If it is your view that central bankers are boring old people, (Carney) was not," said Benjamin Tal, the deputy chief economist at CIBC World Markets.

"He looks differently. He has all his hair. He speaks in a way that it not typical."

Most central bankers keep analysts busy parsing what they say — much in the style of former U.S. Federal Reserve Chairman Alan Greenspan — but Carney is known for his wit and informed clarity.

THE ASSOCIATED PRESS

# Online budget consultations flop

### Quoted

"This is sort of a way to create the illusion of reaching out or encouraging some sort of democratic intercourse. It's very disingenuous."

Jason Lacharite, political science professor, University of Northern British Columbia in Prince George

But the online consultations never drew more than 7,760 submissions, at their peak in 2007. The response rate has fallen sharply since then, with the exception of the round leading to the pivotal Jan. 27, 2009, budget, designed to respond to

the global meltdown and recession. The number of submissions hit 7,421 for that year.

And the latest round for the 2013 budget attracted a paltry 642, the second-lowest after the 600 received for budget 2010.

THE CANADIAN PRESS



Finance Minister Jim Flaherty speaks to media during a pre-budget consultation tour in 2010. Canadians aren't buying into online federal budget consultations. THE CANADIAN PRESS FILE



# BREAKING BREAD OR DEAL-BREAKING?

People are funny about food: They can be picky or paranoid or entirely self-righteous about the types of things they put in their mouths and the manner in which they do it. It helps when we find a partner who complements our own eating habits, or at least someone who doesn't make a big deal about our neuroses.

Partners can influence each other's dietary preferences, for better or worse. My health-conscious boyfriend has turned me into a person who always orders a vegetable side dish so that I have something green at every meal. In turn, I introduced him to the concept of brunch. But while it might be nice to encourage each other to embrace better nutrition or be more adventurous with our palates, some extreme-eating



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

habits are hard to handle.

Could a carnivorous meat lover ever successfully date a vegetarian? What about a vegan? And how long would any of us last with an obsessive carbohydrate-phobic calorie counter?

At what point does one's food preferences become a relationship deal-breaker?

Our attitudes about what we eat can change and evolve, but culinary choices also reflect the types of lifestyles we want to lead. Food can be ideological, and sometimes people can become fanatical about preaching their dietary dogma at the dinner table. Anyone who has ever suffered through a meal with a "Paleo" dieter or a Weight Watchers acolyte understands how annoying this can be. Don't get me wrong: It's not that I don't applaud efforts to lose weight or become healthy.

I just don't want to hear a sanctimonious speech about how many "points" are in a slice of cheesecake as I'm ordering it.

When it comes to dietary habits, there has to be some common ground. You might think it shallow to place so much value on food preferences — it's just caloric energy, after all — but if he's all kale and quinoa and your heart pines for processed-cheese slices and red meat, it's going to be a lot harder to make it work.

Culinary compatibility might not be the most important thing when it comes to searching for a long-term life partner, but it's definitely a nice bonus. Sharing a nice meal together is one of my favourite activities, and it's just so much more satisfying when both parties can agree on a restaurant choice. Then again, Jack Sprat could eat no fat and he and his wife found a way to make it work.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

## Celebrity facemash



### Mashup photography

### Recognize these famous faces?

Marc Ghali has a knack for spotting look-alikes from history. In his series Then and Now, the Toronto-based graphic designer combines the faces of celebrities to create striking mashups of Princess Diana and Kate Middleton, and Malcolm X and Barack Obama, among others.

### Q&A

### "Like solving a human puzzle"

**MARC GHALI**  
Freelance designer/media content manager, 30, from Toronto

### How would you describe your photos?

I would use just one word: Juxtapose.

It must have taken you a

### long time to find similar celebs and compositions in the original photos.

It took hours of research, trial and error. It was like solving a human puzzle. I had several ideas of how to fit the pieces together, but at times it became difficult.

**These pictures suggest that the doppelgängers share and take on each other's personal identities ...**

People naturally have a tendency to compare public figures to their historical equivalents, in music, sports, entertainment and politics. The last great person to do anything is always a measuring stick for the ones who follow. I think doing it visually creates a stronger emotional reaction and allows you to challenge your thinking.

METRO WORLD NEWS

### Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

**Music and audiobooks are all well and good, but sometimes the daily commute, stroll or bubble bath can be the perfect opportunity just to learn something. Here are a few philosophy podcasts to help expand your horizons. Or just leave you baffled.**

### Point of Inquiry:

Journalist Chris Mooney and neuroscientist Indre Viskontas welcome a revolving door of very smart guests such as Mary Roach and Neil deGrasse Tyson to talk ethics, philosophy and science from a skeptic's point of view.

### John Locke Lectures:

Held every year at Oxford University, the John Locke Lectures consist of six-part stem-winders that have been delivered by some of the world's most distinguished academics. Sadly, the audio lives up to the name because it sounds very much like a lecture hall. But the wide range of topics available in the iTunes archive is fascinating.



There's a vast range of topics available in the iTunes archive of the John Locke Lectures held every year at Oxford University. GETTY IMAGES

### In Our Time:

While it may be unfair to call this BBC institution a philosophy show, Melvyn Bragg's panel series covers every conceivable aspect of science and history, including great works and those who wrote them.



### Twitter

**@BrentButt:** HAPPY CANADA DAY! Gonna throw a couple pucks on the BBQ, tip back a few rye'n'maplesyrups, and just relax around the igloo cranking RUSH.

**@Cmdr\_Hadfield 7h:** Punctuation optional, prideful bemusement pervasive. "@stephenfry: Oh, Canada!"

Oh!! Canada? Oh CANADA! Oh? Canada... etc #CanadaDay"

**@TypeACubed:** Peanut Butter, wonderbra, bag tags etc >> 19 Things You Might Not Know Were Invented in Canada <http://zite.to/1b1PBtf> via @zite

**@PMJAMacdonald:** Another annexation-free year is complete! Happy Dominion Day everybody!

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [ottawaletters@metronews.ca](mailto:ottawaletters@metronews.ca)





## DVD Reviews

## 56 Up

**Stars.** Michael Apter  
**Directors.** Michael Apter,  
Paul Almond

The good news about 56 Up, the latest in Michael Apter's septennial life assessments: the series' 13 well-scrutinized participants are all still alive and mostly content. The bad news: what they're doing isn't all that interesting. More than ever in this seventh edition, the Up people seem to be living bland lives of quiet desperation. One exception is Liverpoolian Neil Hughes, the lost soul of the Up brigade. Fighting mental illness since his teen years, he's struggled through ups and downs that left him homeless at 28 and still restless at 56.

## I Declare War

**Stars.** Siam Yu, Gage Munroe  
**Directors.** Jason Lapeyre



I Declare War zips along like bullets fired from a child's machine gun. Reactions are equally kinetic, as we try to figure out if we're watching reality or fantasy. It's about a game of neighbourhood Capture the Flag staged by military-minded kids, all about age 13, that turns deadly serious. It may also turn physically deadly, because we see them using what appear to be real guns, grenades and rough instruments of torture. We only hope that the kids are engaged in a violent fantasy. **PETER HOWELL**

## Cinema Review



## Despicable Me II

**Stars.** Steve Carell, Kristen Wiig

**Directors.** Pierre Coffin, Chris Renaud

# How Mrs. Funbags made a comedy

**On-set antics.** With playful Sam Rockwell and ad-lib inclined directors and writers, Maya Rudolph had lots of fun making *The Way, Way Back*

**NED EHRBAR**

*Metro World News in Hollywood*

Maya Rudolph has learned to be careful about giving herself a nickname around Sam Rockwell, as he apparently would not stop working one particular moniker into conversation during interviews for *The Way, Way Back*, their new comedy.

"I referred to myself earlier in the afternoon as Mrs. Funbags, and it has not seemed to cease — which by the way, I'm very happy about it," she says. "Not to mention it came out of my mouth. But I'm enjoying it. I hope when we're 80 I am known as Funbags."

Goofing off comes naturally. Most of the adult cast of *The Way, Way Back* — including Rockwell, Steve Carell, Allison Janney, Rob Corddry, Amanda Peet and Toni Collette — have backgrounds in improvisation, which was handy since co-writers and directors Nat Faxon and Jim Rash are big improvisers themselves.

"It's more just like a natural part of Jim and Nat, so I knew it would come out here and there," Rudolph says. "But it wasn't necessarily like a *Waiting for Guffman*, like a completely improvised movie — although that would be



Sam Rockwell, left, Liam James and Maya Rudolph in *The Way, Way Back*. GETTY IMAGES

fun, too. It's just a natural ... weapon. You bust it out. It's like nunchuks. I always carry nunchuks."

Yes, she insists, comedy is a weapon. "Sometimes a delicate weapon."

Rudolph and her co-stars speak fondly of their experience filming *The Way, Way Back*, which is understand-

able since the film — set during summer vacation in a Massachusetts beach town — was also filmed during summer vacation in a Massachusetts beach town.

"It was rough, getting paid to eat lobster rolls," Rudolph offers. "Yeah, New England summer is really pretty idyllic. Especially being there for

## Teen in the mix

**Old helping the young.**

*The Way, Way Back* is a coming-of-age story for its 14-year-old protagonist, Duncan (Liam James), and on the set of the film James — who was 15 during the shoot — had an impressive handful of adult actors to help him come of age himself. At least Maya Rudolph tried to keep it clean.

**Maya Rudolph's method.**

"We got into some stupid (iPhone) apps. That was my contribution to his youth, I introduced him to stupid apps," she says of her time goofing off with James. "There was a photo one, maybe it was OldBooth. I always turn people on to OldBooth. It's the one where you can stick your face into an old high school photo — like '50s, '60s portraits — and then you have, like, a crazy afro. It's really enjoyable and it's G-rated."

the Fourth of July and being there with friends. (Faxon and Rash) wanted this experience to be what summers growing up on the East Coast were supposed to be. You really felt that the whole time we were making it.

"I think East Coast people — New Englanders especially — really appreciate summer. They don't take it for granted like we do out (in California). It's like, 'Let's do this! It's time to get wet and burned and eats some stuff.' And then it's going to get cold again."

## Box Office news

**\$40M ladies bring The Heat**

Sandra Bullock and Melissa McCarthy brought *The Heat* against Channing Tatum and Jamie Foxx at the box office. The action-comedy about mismatched detectives earned \$40 million in its opening weekend, topping the \$25.7M debut haul of Foxx and Tatum's *White House Down*.

**THE ASSOCIATED PRESS**

## Comics. Sandman returns under the skilled hand of Neil Gaiman

The *Sandman* is returning to Vertigo comics under the influence of writer Neil Gaiman.

Shelly Bond, executive editor of the imprint of DC Entertainment, said Monday that Gaiman is working with artist J.H. Williams III to tell stories of Morpheus' world before he was captured. Titled *The Sandman*:

Overture, the new series will appear bi-monthly starting Oct. 30 in comic shops and digitally, too. Gaiman last penned stories in the realm of the Endless more than a decade ago. His original telling of *Sandman* has sold more than seven million copies in nine languages.

**THE ASSOCIATED PRESS**

Despite the humdrum story *Despicable Me 2* is great fun. Former villain Gru (Steve Carell) is now a doting single father lured back into the life, but this time working for the Anti Villain League with partner (and love interest) Lucy (Kristen Wiig). The predictable plot could have written itself, but the inventive gags contained within are the reason to take the whole family.

**RICHARD CROUSE**





Paula Deen

## Don't lose your appetite: Deen's buns requested outside of the kitchen

Know what's grosser than watching Paula Deen slather her food with butter and grease? Watching Paula Deen slather her naked body with butter and grease. We're sincerely hoping that the disgraced food empire queen doesn't accept a recent job offer she reportedly just received from a porn site. If Paula Deen accepts a job offer from a porn

site, we're cancelling the Internet.

According to TMZ, an adult website called PureMature.com (it specializes in geriatric sexy times) sent Deen a letter offering her a six-figure (seriously?) gig. In said letter, Deen was praised as their ideal star: "Full figured or thin, arthritic or diabetic ... you embody our perfect spokesperson."

## Ace of hearts: Stork brings baby boy for Simpson

Jessica Simpson's daughter has a new playmate — a baby brother named Ace.

Simpson's rep confirmed that the entertainer gave birth to Ace Knute in Los Angeles on Sunday via planned C-section. The details were first reported by Us Weekly.

This is the second child for

Simpson and her fiancé, Eric Johnson. Simpson gave birth to daughter Maxwell last year.

Simpson, who got her start as a singer and has a successful apparel and accessories line, most recently appeared on NBC's Fashion Star.

THE ASSOCIATED PRESS

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### Pop Goes the Week



## Kardashian conspiracies and boy band beatdowns



STARGAZING  
Malene Arpe  
scene@metronews.ca

• **Singer Aaron Carter**, brother of Backstreet Boys' Nick Carter, claims he got beat up in Boston by grown men yelling, "this is the town of the New Kids." You'd think the Wahlbergs would have better things to do.

• **Jim Carrey** says he cannot in good conscience support his new movie *Kick-Ass 2* due to the level of violence. In unrelated news, Will Smith admits he can no longer support *Earth* due to the level of terrible.

• **Arnold Schwarzenegger** will play a leading role in an upcoming zombie movie. Possible tag lines include:

- 1) "Hasta gnaw vista, baby."
- 2) "If it bleeds, we can eat it."
- 3) "Put that brain down. Now."
- 4) "It's not a tumour. But if it is, I'll eat that too."
- 5) "Consider cat a first course."
- 6) "I'll be snack."

• **Kim Kardashian** reportedly mails her friends some photos of a random baby in a clever attempt to find out who of them might try to sell the pictures. Coming up next week on *Solving Pre-Crime With The Kardashians*: Who will steal Kris's new wig? What are the spies living in Bruce Jenner's car looking for? If every family member wears a mask resembling another family member and then rob a bank, will that make them more or less creepy?



Jennifer Lopez

## Lopez loses cred for crooning to infamous dictator

Jennifer Lopez is under fire for performing a private show in the former Soviet bloc country of Turkmenistan (including a rendition of Happy Birthday, Mr. President) for the country's leader, Gurbanguly Berdimuhamedow — who is apparently not a cool guy.

And by not a cool guy, we mean that Human Rights Watch have named him as being "among the most repressive (leaders) in the world" and that he's known for rampantly violating human rights and torturing people.

### Twitter



@rickygervais

If you go to church today, pray that I have a great day, take the piss on Twitter & get drunk on champagne tonight. I bet it works.



@lenadunham

Pretty sure whoever had my phone number before me led telemarketers on and made them think they wanted it.



@MileyCyrus

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# How to fix your metabolism

**Food.** Nutritionist Haylie Pomroy's bestselling *The Fast Metabolism Diet* claims to trigger weight loss by rotation of food groups — she even lets you eat carbs. Yep, carbs.

ROMINA  
MCGUINNESS  
wellness@metronews.ca

"A high-protein, low-fat, low-carbohydrate diet will just slow your body down," warns J.Lo's nutritionist Haylie Pomroy, author of *The Fast Metabolism Diet*, a 28-day program designed to heal broken mechanisms in the body.

The plan requires you to

eat three different ways a week, for four weeks.

And it claims it could help you lose up to 20 pounds in that time.

"The systematic rotation of targeted foods on specific days and at strategic times will help your body become more efficient at converting food into energy, which is basically what your metabolism is," she explains.

## When on the diet you must

- 1 Eat 5 times a day: 2 snacks & 3 meals
- 2 Eat every 3 to 4 hours when awake
- 3 Eat within 30 minutes of waking
- 4 Stay on the plan for the full 28 days
- 5 Stick to the foods allowed in each phase
- 6 Drink half of your body weight in ounces of water, every day



### Day 1&2: Phase 1

**HIGH CARB + LOW FAT + MODERATE PROTEIN = UNWIND STRESS**

"The first thing we need to do is calm the body down and we do so by flooding it with tons of easily accessible nutrients. When we're under a lot of biological stress such as weight gain, we tend to crave junk food as the quick infusion of sugar is very soothing," Pomroy tells Metro.

In this phase, you get to eat plenty of natural sugars (found in complex carbohydrates and high-glycemic fruit and vegetables) to stimulate the endorphins in your brain and help pull your body out of an adrenal crisis.

"However, we keep our protein and fat intake very low, as getting energy out of them requires a lot of effort," she adds.

#### FOOD LIST

Sweet potato, kale, pineapples, cherries, mangos, brown rice, spelt pretzels, corned beef

### DAY 3&4: Phase 2

**HIGH PROTEIN + LOW CARB + LOW FAT = UNLOCK FAT STORES**

Here, the focus is on lean proteins and high fibre vegetables that will push your metabolism to lay down muscle and access fat for fuel.

"Muscle is built from amino acids, which come from the breakdown of consumed protein. But in order to metabolize protein in the first place, your body needs the nutrients from fat," says Pomroy.

And assuming we provided very little of it in phase one, the only place to go is your own fat stores.

"Many high protein diets cause your body to become very acidic, which can trigger inflammation, bad digestion and pain. So we balance that with tons of alkalizing vegetables to regulate the body's PH and make the protein easier to digest," she adds.

#### FOOD LIST

Asparagus, oysters, chicken, salmon, egg whites, Tabasco, lemons, raw cacao powder.



### DAY 5-7: Phase 3

**UNLEASH THE BURN: HIGH FAT + LOW CARB + LOW PROTEIN = THE BURN**

"All week, we've been supplying our bodies with nutrients from carbs, green vegetables and lean protein and in the absence of dietary fat, the body has turned to its own stores in order to build muscle. We now make the fats really high because ironically, eating fat after not eating it for a few days makes you burn it like crazy. This is an intense phase in the sense that we're asking our body to be super efficient at converting fat into fuel," explains Pomroy.

This is why we then go right back to phase one, where nutrients from food are once again easy to access. Repeat this three-phase cycle for 28 days.

#### FOOD LIST

Avocados, coconut, cranberries, eggs, pistachios, olive oil, pecans, hummus.



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This week:  
**Why Do I Need A Crown?**



## More food rules

**No dairy.** The rate of sugar delivery in lactose (milk sugar) is way too fast and the animal-based fat way too high.

**No soy.** Most soy is genetically modified, making it harder for your body to break down. It's also high in estrogen, which can increase belly fat.

**No corn.** It's a big reservoir of sugar that equals quick fat.

**No wheat.** It's very hard for your body to digest and

extract its nutrients.

**No refined sugar.** It's a concentrated source of quick energy, making it hard for your body to maintain stable blood-sugar levels.

**No caffeine.** It stresses your adrenal glands and pushes the body past its healthy state of energy.

**No alcohol.** Which is very high in sugar.

**No dried fruit or fruit juices.** The sugar concentration is too high.



# It's a slippery slope, not all the cooking oils are created equal

## Health options.

Weight loss author walks you through the best oils to use and dispels myths when it comes to the kitchen

LINDA CLARKE

Metro World News

With so many cooking oils on store shelves, which is the best for you? Registered dietitian Marla Heller, author of *The DASH Diet Weight Loss Solution* and *The Everyday Dash Diet Cookbook*, gave us the slick truth.

### Olive oil

"I always go with what's been proven over periods of time," Heller says. "In the Mediterranean, there are lower rates of heart disease and breast cancer, and they use olive oil. It's monounsaturated — the kind that's healthiest."

The wonder pour's only caveat? "It shouldn't be heated to high temperatures," she says.

### Soy, corn and canola oil

"These can be used for higher-temperature cooking, and are neutral-tasting oils, so they're good for baking," Heller says.

But don't go crazy. "You don't want to use these too often because they're high in Omega 6,

## More from Heller

On one popular oil supplements.

- **Flaxseed.** "I'm a fence-sitter on flax. It is high in alpha-linolenic acid, which is essential for health and is anti-inflammatory. But the body isn't going to convert as much ALA from flax."

which is a polyunsaturated oil and is thought to raise inflammation. (Inflammation) is behind so many diseases, including heart disease."

### Sunflower oil

"This is high in polyunsaturated fats, which in the 1970s were thought to be healthy," she says. "Polyunsaturated do lower blood cholesterol, but the thinking now is that they potentially increase inflammation. Personally, I'm skeptical."

### Coconut oil

"There's been a lot of hype about it over the past few years," Heller says. "It has a high level of saturated fat. Places where it's used as a main source for cooking have a higher level of obesity, diabetes and heart disease. I think it can be problematic for people with high cholesterol."



Get informed about using cooking oils. ISTOCK PHOTOS

# Treat HIV earlier, says WHO

## Health happenings.

World Health Organization stresses getting AIDS drugs to HIV patients as early as possible

Young children and certain other people with the AIDS virus should be started on medicines as soon as they are diagnosed, the World Health Organization says in new guidelines that also recommend earlier treatment for adults.

The advice will have the most impact in Africa, where nearly 70 per cent of people with HIV live. Many rich countries already advocate



Director of WHO's HIV department Gottfried Hirschall.  
LAI SENG SIN/THE ASSOCIATED PRESS

early treatment.

About 34 million people worldwide have HIV, the virus that causes AIDS. HIV attacks key infection-fighting cells of the immune system known as T-cells. When that count drops to 200, people are considered to have AIDS. In the past, WHO recom-

mended countries start treating people with HIV when their T-cell count fell to 350; a normal count is between 500 and 1,600.

The new recommendations say to treat earlier, when the T-cell count hits 500. In addition to children under five. WHO says sev-

eral other groups should also get AIDS drugs as soon as they're diagnosed with HIV: pregnant and breast-feeding women, people whose partners are uninfected and those who also have tuberculosis or hepatitis B.

The new guidelines mean an additional nine million people in developing countries will now be eligible for treatment. At the moment, only about 60 per cent of people who need the life-saving drugs are getting them.

"WHO has recognized that time is the most important commodity when it comes to battling the HIV epidemic," said Sharonann Lynch, HIV policy adviser at Doctors Without Borders, which contributed to the new guidelines. **THE ASSOCIATED PRESS**

## The science of women's health, according to Mother Nature



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Summer allergens can trigger children's allergies or asthma. ISTOCK PHOTOS

# Summer paradise, without the allergies, asthma and achoos

**Bless you!** Kids don't need to be kept inside — just be careful where you bring pollen and dust mites

**ALISON BOWEN**  
Metro World News

They are so small you can't even see them, but beginning later this month, they might be your child's worst enemy. Allergens like pollen and dust mites get worse during the summer, starting in late June, says Dr. Timothy Mainardi, co-founder of New York's Hudson Allergy. These can trigger children's allergies or asthma.

Ozone helped along by a warm city creates high

## Keep them clean

**"Dunk them in the shower before they go to bed at night. It's really the super simple things."**

Dr. Timothy Mainardi, co-founder of New York's Hudson Allergy, on keeping kids from suffering through allergies and asthma

ozone levels in July and August.

Many city buildings might have a cocktail of allergens, too, he says — including dust or the even-more-unpleasant mice, rats and cockroaches.

"If you look at a (older) building, they've been there longer than you," Mainardi notes.

Kids don't need to be sealed away from outside

allergens, either, he says — just be careful not to bring them into bed when you get home. For example, if a child has been playing in the park all day, don't let them strip off those clothes and lay them on the bed. Keep shoes outside the bedroom, too.

"Those are impregnated with pollen," Mainardi says.

And keep an eye on when ozone is high — for example, the early afternoon is when levels are at their peak.

"When you have high sunlight and high traffic, that's when you have high ozone," he says.

Air conditioners help filter air and keep out humidity, Mainardi advises. And if nothing else?

"Dunk them in the shower before they go to bed at night."

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## Whey Better Protein by: Shannon Kadlovski, BA, CNP

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When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

### When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.
2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.
3. Choose one that is cold temperature micro-filtered. This ensures the highest quality and biological value.
4. Choose an all-natural brand, free of artificial flavours and artificial colors.

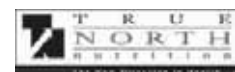


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### Absolute Smoothie Recipe

1 cup water or coconut water  
1 scoop of Absolute Whey protein powder (or 2 tbsp.)  
1 tbsp. chia seeds  
1/4 tsp. matcha green tea powder or 1/4 tsp. spirulina powder  
1/4 cup fresh blueberries  
1/2 banana  
1/4 tsp. cinnamon  
handful of kale  
\* Toss all of the ingredients into a blender and blend until smooth and creamy





# Grilling: not just for carnivores

1. Heat a grill to medium-high.

2. Place tomatoes on large sheet of heavy duty foil. Drizzle with olive oil, then sprinkle with salt and pepper. Fold up edges of foil to create packet, then set on grill. Drizzle onion slices with oil, then add those to grill. Grill, covered, 10 minutes, or until the tomatoes begin to break down. Carefully turn on-

## Ingredients

- 2 pints cherry tomatoes
- Olive oil
- Kosher salt and ground black pepper
- 1 medium red onion, thickly sliced
- 1 loaf (about 19 oz) sourdough bread, cut or torn into 2-inch chunks
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 cup shaved Parmesan cheese
- 4 cloves garlic, minced
- Zest and juice of 1 lemon
- Zest and juice of 1 lime
- 1 cup fresh basil leaves
- 1 cup baby arugula



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

ions once during cooking.

3. Once tomatoes and onions are done, remove from grill and set aside. Leave foil packet wrapped shut. Leave grill on.

4. Place bread in large bowl. Drizzle with olive oil, then sprinkle with garlic powder and smoked paprika. Toss well

to coat, then use tongs to place the bread on the grill. Cook, turning the bread pieces often, until lightly toasted, about 5 to 7 minutes. Return bread to the bowl. Add Parmesan and toss well until melted. Add the garlic and lemon zest and lime zest, then toss again.

5. Divide the bread mixture

between 6 serving plates. Open foil packet of tomatoes and spoon some mix and their juices over each plate. Divide the onions between the plates. Drizzle each serving with a bit of the lemon and lime juice and top with basil and arugula. Season with salt and pepper.

THE ASSOCIATED PRESS

## Side Dish. American Tomato Salad



1. In a small bowl, whisk together the olive oil, honey, vinegar and mustard.

2. On a platter, arrange the tomato slices. Drizzle the vin-

aigrette over the tomatoes, then top with the cheese and herbs. Sprinkle with the sea salt and black pepper.

THE ASSOCIATED PRESS

## Ingredients

- 1 tbsp mild olive oil
- 1 tbsp honey
- 1 tbsp cider vinegar
- 1 tsp Dijon mustard
- 4 heirloom tomatoes, sliced
- 4 oz Humboldt Fog or Maytag Blue cheese, sliced or

- crumbled
- 1 cup torn mixed soft herbs (such as chives, basil, cilantro and parsley)
- Flaked sea salt and ground black pepper, to taste

# Panko bread crumbs update classic Fried Green Tomatoes

The recipe ticks fairly close to tradition but adds a fascinating modern ingredient: panko.

This Japanese-style bread crumb is a relatively recent invention. The slightly sweet bread is baked by electrocution in an oven that is cool to the touch. Only the dough gets hot as current surges through it. The resulting loaf has no crust and is uncommonly airy when it is shredded into slivers and crumbs. Combined with cornmeal, the panko fries into a light, crisp envelope for the tangy tomato slices.

## Ingredients

- Canola oil, as needed for deep-frying
- 2 medium green tomatoes
- 5/8 cup (100 grams) cornmeal
- 1/3 cup (25 grams) panko bread crumbs
- 1/2 tsp ground black pepper
- 1/4 tsp cayenne pepper
- 1/4 cup cultured buttermilk
- 1/4 cup (2 eggs) blended whole eggs
- Salt, to taste



This recipe serves four as a side dish. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Bring pot of water to a boil. Fill a bowl with ice water.

2. In a tall pot, pour at least 2 inches of oil. The pot must be no more than half full. Set the pan over medium-high and heat the oil to 390 F (200 C).

3. Use a paring knife to cut the core out of each tomato.

4. Once water is boiling, add

tomatoes and blanch 1 minute. Use a slotted spoon to transfer the tomatoes to the ice water. When cool enough to handle, remove the tomatoes and peel away the skins. Cut each tomato into slices 1/4 inch thick.

5. In a wide, shallow bowl mix the cornmeal, panko, black pepper and cayenne. In a second wide, shallow bowl, whisk buttermilk and eggs.

Here are some ways to spruce up your water so it tastes better so you drink the stuff.

- Harvest spruce, pine or fir tips as they are pale green shoots. Crush three or four with a rolling pin and add to a pitcher of water. Let stand in the fridge at least an hour for a bright, lemony zing.

- Cucumber and lemon add a subtle, refreshing flavour to a pitcher of water. Simply slice and refrigerate.

- Herbal tea can be no cal and just as fabulous cold.
- Apple slices, cinnamon sticks and allspice buds can be topped with a pot of boiling water and then cooled in the fridge.

- Freeze any leftover berries in ice cubes and add to a glass of water.

- Sumac drupes can be soaked in a pot of water, filtered and refrigerated.



**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

## Health Solutions

### Watered down



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

You know you are supposed to drink the darned stuff but water is so boring!

The myth that you need eight glasses each day is a bit arbitrary. Much depends upon how efficient your cooling system is (as in how sweaty you are) and some depends upon how much high water content (as in fruits and vegetables) foods you eat. Then there is how dry or moist your environment is and your fitness level.

That's way too many factors to pin a number, like eight, on. The bottom line is you have to check your pee. (Get it? Bottom line! What's a day without potty humour?) You want to drink enough to be sure it is as clear and uncoloured as possible.

THE ASSOCIATED PRESS



## Transit etiquette

## Don't be a seat hog



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

It came to my attention recently via a newswire

article that the Boston Public Transit system has started a new campaign directed at their riders about etiquette toward both their fellow passengers and employees of the public transportation system.

Through a series of ads, their "Courtesy Campaign" uses wild animals to help demonstrate good manners. Examples include:

1. Parrots demonstrate the important rule, "Don't Squawk on the phone."

2. A bug infested seat illustrates the phrase, "Don't be a littler bug."

3. A group of elephants spraying water from their trunks reminds us of the important rule, "Don't spread germs."

And finally my favourite is the all-important lesson,

"Don't hog a seat" with a beautiful group of pigs sitting inappropriately on numerous seats inside of a bus. Remember it takes as much effort to be rude as it does to be polite and respectful of others.

Does your public transit in your area need to perhaps consider such a campaign? Email me at askcharlesthebutler@metro.ca



We need to find a way to co-exist on the bus. ISTOCK IMAGES

# Delivery-room dads: Accessory or necessity?

**Trend.** Men used to be kept well away from the delivery room. Now, they're guilt-tripped if they're absent during birth. Experts tell Metro why there's no real need for your partner to see you push.

**ROMINA MCGUINNESS**  
romina.mcguinness@metro.lu

When rapper Kanye West let slip that he may not be in the delivery room when his girlfriend, reality TV star Kim Kardashian, gave birth, because "he's very squeamish and doesn't want to be around blood," fans were quick to judge. One comment on Yahoo.com, read, "That dude weak as #@%\$. Studio gangsters these days."

Their baby girl was born on June 15th, five weeks early, and rumour is, he was there. But does a man need to be in the delivery room?

## Men and the pressure

These days, dads are under a lot of pressure to be more involved in general, Dean Beaumont, author of *The Expectant Dad's Handbook*, tells Metro: "Society has changed to a point that they're expected to be present during childbirth."

Lucy Jolin, spokesperson for the Birth Trauma Association and mother of two, believes that it should be up to the couple to decide whether or not the man should be by a woman's side, but that ultimately, the father's presence isn't imperative.

"Obviously, the woman has to be happy with her partner not being there — otherwise, it's resentment. In many cases, the partner is very happy to be. But in some cases, that person may feel very uncomfortable. What you witness is someone that you love in a great deal of pain and sometimes it can be extremely bloody and disgusting. If a man is squeamish, you can't laugh that off," she says.

## The hormones of labour and birth

If a man feels very strongly that he doesn't want to be there, and knows he will panic, then he could be more of a hindrance than a help. "It's best for him to stay away because otherwise he's effectively bringing the adrenaline into the delivery room, which could be detrimental to the birth," warns Beaumont. To explain why, we need to take a look at the physiology of birth. "The birth hormone, oxytocin, is what gets the contractions going. But the enemy to oxytocin is adrenaline, a hormone produced by fear. So when you hear people talk about birth stalling or slowing, what normally is the case is that they've had a surge of adrenaline. This is because a labouring woman is very vulnerable, and once she picks up on her partner's fear, she'll worry and produce her own surge of adrenaline, which will then stall her labour," he explains.

## The optimal birth: + trust = - stress

"What we want in the deliv-

ery room is a woman who is happy and relaxed. She can't be worrying about her partner passing out or throwing up.

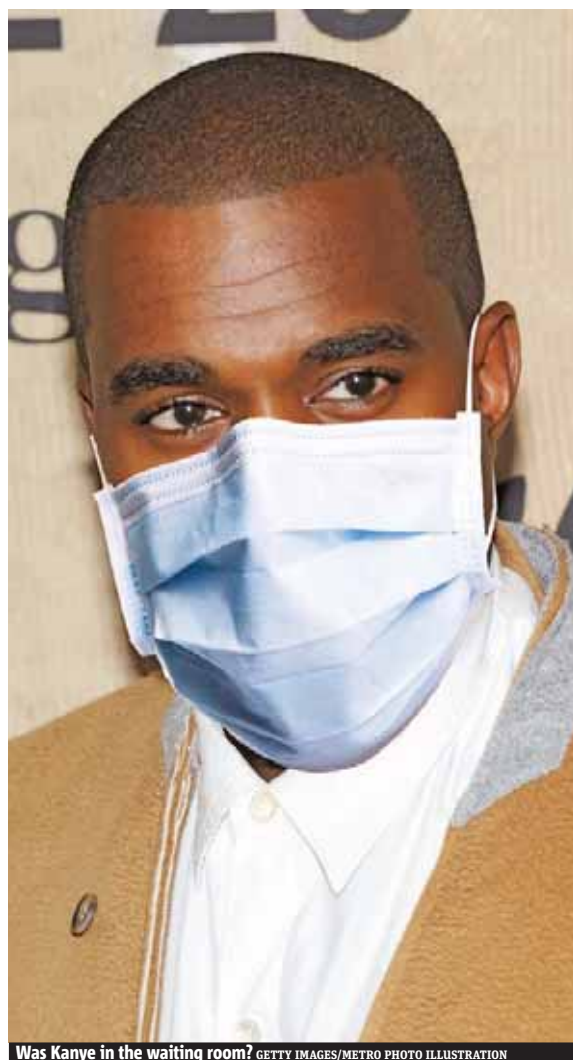
"It's better to be on your own than with someone who doesn't want to be there," says Jolin. But sometimes it's a physical necessity to have someone else there should the birth not go to plan.

"The mother may be unconscious or under heavy painkillers and in that case, she needs to be with someone she trusts. If that's not the man, it can be a close friend, a relative or a doula," she adds.

## And ... the baby?

Will the baby sense if the father isn't there? Absolutely not, says Jolin. "Up until not so long ago, fathers were kept well away from the delivery room. It's not hugely damaging."

Beaumont agrees, "A baby's head coming through your wife's vagina can be quite extreme. You can be in the room, but there's no need for you to physically watch the birth."



Was Kanye in the waiting room? GETTY IMAGES/METRO PHOTO ILLUSTRATION

# You can keep it Sexy, but follow the rules



Not everyone appreciates sexting. ISTOCK IMAGES

It's no secret that overly sexual text messages can turn off a once-promising romantic partner — the opposite of what the texter was hoping to achieve.

When texts get too sexy too fast — it can be kinda creepy. To keep you from making this mistake, here are three simple rules from Amber Madison, a Manhattan-based relationship expert and dating coach, to keep your texting in line.

## iSext

Mashable.com has reported that market research firm Harris Interactive recently published a survey that showed an average of 26 per cent of adults use their smartphones to spice things up.

## Face to face

"If you have not met a person in real life, don't sext

them. Understandably, you want to be flirty if you're messaging someone from a dating site. But getting sexual in your messages is way too presumptuous for someone you haven't met in person and you're not even sure you're attracted to. (More importantly, they may not be sure if they're attracted to you.)"

## Do it first

"If you haven't done it in

real life, don't text about it. So, you went on a few dates and made out a little bit — awesome.

"But, that doesn't give you the right to start texting about how you can't wait to get them naked and in bed. The time to propose sexual activity is in person, not via a cellphone.

"It's presumptuous to share your sex fantasies with someone who may not want to be having sex with you."

## Cage your snake, boys

"Function under the assumption that she doesn't want a dick pic sent to her. Guys: Your junk is impressive, I'm sure.

"But we don't want a picture of it. We don't care how big, pierced, tattooed, well-groomed or whatever it is.

"If you're super fit and you want to send a topless pic, that's a little braggy, though at least it's hot."

METRO





Eighty-five per cent of those who bought a home in the past 18 months locked into a fixed-rate mortgage. ISTOCK IMAGES

# A lesson in fixed vs. variable rate mortgages



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

It's the talk of the town once again. Interest rates. Savers are praying for an increase while those in debt have their fingers tightly crossed that any rise will come oh so slowly.

The big issue for most is the mortgage. Variable used to win hands down over fixed rate when it came to saving money.

But as five year fixed rates sunk below three per cent and the spread between fixed and variable rates shrunk to less than 40 basis points or 0.4 per cent, locking in has been a no brainer. There is little point in taking on the additional risk of a rate rise for less than half a per cent.

Based on the Canadian Association of Accredited

Mortgage Professionals' recent survey, 85 per cent of those who bought a home in the past 18 months locked in, compared to 69 per cent of existing mortgage holders. The appeal of the fixed rate will only grow with the flurry of talk about impending interest rate increases.

Already a number of lenders have nudged their five-year rate over three per cent. This could signal that the variable rate mortgage may start to become more appealing as the difference between it and the fixed rate widens.

According to canadian-mortgagetrends.com, consumer interest in variable rates increases when the spread between them and fixed rates is 100 basis points or one per cent.

It is easy to see why. Paying one per cent less on a \$200,000 mortgage keeps about \$2,000 after tax dollars in your pocket in the

## In numbers

**20**

On average, Canadians expect to pay off their mortgages in 20 years.

first year and saves nearly \$32,000 in interest costs over a 25-year amortization.

Canadians choosing a fixed rate can enjoy the benefits of a variable rate simply by paying a bit more monthly. On a \$200,000 mortgage an extra \$50 cuts two years off the life of the mortgage and saves nearly \$7,000 in interest costs. Or, make a lump sum payment, amounting to the average tax refund of \$1,500, and the mortgage is gone in 21 years with interest savings of nearly \$15,500.

Contact Alison at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com) or [alisongriffiths.ca](mailto:alisongriffiths.ca)



# A mutual understanding about funds

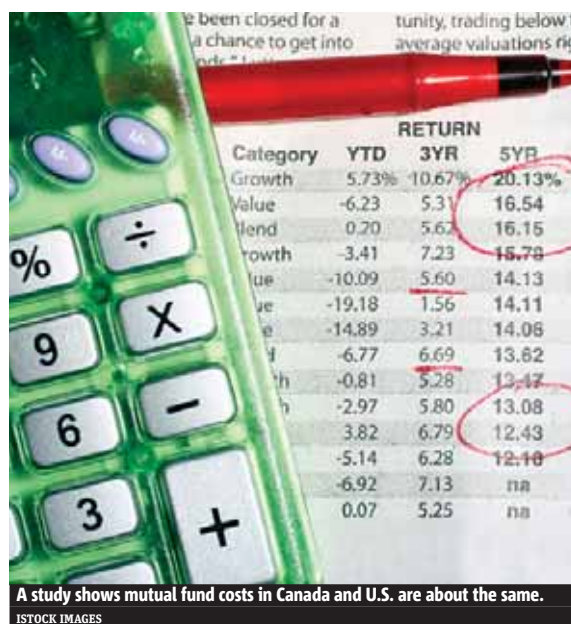
A recent study by two highly respected research firms shows that owning mutual funds costs about the same in Canada and the U.S. In both countries, the cost (excluding taxes) is around two per cent.

This research is significant. In the past, comparisons between the two countries did not recognize some key differences in how the costs are packaged.

In Canada, the costs of the product and of the adviser's time and support are all included together in the "management expense ratio," which investors can find on their quarterly statements. In the U.S., many investors pay a separate fee to their advisers, and this fee-for-advice is not included in the so-called "total expense ratio" shown on their quarterly statements.

Therefore, if you compare the cost on the quarterly statements from both countries, the Canadian number will always look higher because the U.S. number doesn't include all of the costs.

**Are fees higher when they are charged separately?**



A study shows mutual fund costs in Canada and U.S. are about the same. ISTOCK IMAGES

The research found that many U.S. investors who pay for advice separately are paying more than they used to pay when the fees were included in the total charges.

First-time investors and small-to-medium investors are likely to pay much

more for advice when it is charged separately, rather than as part of the product package.

The existing Canadian model serves investors well because they can easily identify their total costs and compare costs across funds.

**Do separate fees mean more — or less — advice?**  
Unbundling of fees may lead to what experts call a "serious advice gap." A survey of more than 2,000 adults in Britain found that charging separately for advice was prompting many people to stop seeking advice.

As a result, many advisers in Britain are focusing on serving wealthier clients. Some experts predict that up to 5.5 million in-

vestors — 11 per cent of the population — will not have access to advice as a result.

## Why is financial advice important?

Credible research shows that having an adviser causes people to be more disciplined about their savings. This produces much better financial results for the investor. The difference can be as much as 2.5 times more wealth for people

with advisers, compared to people who do not receive investing advice.

Without the discipline to save that is reinforced by having an adviser, people will save less, and they may not have enough for retirement, leaving them dependent on government programs.

Average and small investors will be affected the most.

NEWS CANADA

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# Blue Jays red hot vs. Tigers on Canada Day

**MLB.** Scoring comes from an unlikely source as Dickey continues to knuckle down on batters

Mark DeRosa is the first to admit he isn't exactly an intimidating batter.

DeRosa, a 38-year-old bench player the Blue Jays added this season for depth, has been dealing with a sore neck and a slump at the plate in which he hadn't had a hit since June 18 against Colorado.

So when an injury forced first baseman Adam Lind out of the roster, DeRosa found himself filling in Monday. Even more unexpected was his No. 4 spot in the batting order.

But no one was more surprised than the Detroit Tigers when DeRosa launched a three-run homer; an exclamation point in Toronto's 8-3 victory against the American League champions.

"I've always been a guy who likes to work the ball the other way and it's been frustrating over the last couple weeks," said DeRosa. "You know, flying open, striking out and grounding out to short. Doing things that I pride myself on being a quality at-bat. Definitely hitting fourth was not on the agenda coming into the season."

DeRosa joked he told star Jose Bautista, who was hitting third in the lineup after slugger Edwin Encarnacion was



Jose Reyes celebrates with Jose Bautista after hitting a solo home run in the third inning of the Blue Jays' game against the Detroit Tigers on Monday in Toronto. The Jays won 8-3. TOM SZCZERBOWSKI/GETTY IMAGES

## On Monday

8

Blue Jays

3

Tigers

pulled just before the game with left hamstring soreness, to take off his shin guard at the plate and expect to be walked.

It ended up being no joke at all. The Tigers walked Bautista twice, and DeRosa made them pay in the fourth inning with his fifth homer of the season.

"Obviously you can't replace Eddie, you can't replace the way Lind swung the bat. I'm aware of that," said DeRosa. "But there's guys here that are capable of doing things

they have to to help us win."

DeRosa had plenty of help during a festive Canada Day game at Rogers Centre.

Shortstop Jose Reyes, who

made his first appearance at home since April before he was put on the disabled list with a severely sprained left ankle, hit his second home run in two games.

Blue Jays knuckleballer R.A. Dickey (8-8), following up on his best outing of the season last week, was again solid against Detroit's intimidating batting order. He allowed two earned runs on six hits with four strikeouts through seven innings.

THE CANADIAN PRESS

## NHL draft. Sens add complete competitor in Lazar



The Senators picked centre Curtis Lazar 17th at the NHL draft. BRUCE BENNETT/GETTY IMAGES

On a day that was marked by movement, there simply wasn't a trade available for Bryan Murray.

So the Ottawa Senators general manager was only too happy to use the 17th overall pick on Edmonton Oil Kings centre Curtis Lazar on Sunday.

"Obviously the biggest thing Curtis ... is, is a competitive person," Murray said of Lazar. "He's been compared to me as a hard-nosed, competitive guy in the National Hockey League. He scores. He's had a real good career doing that."

Lazar recorded 61 points (38 goals and 23 assists) in 72 games with Edmonton last season. Fourteen of his 38 goals

## Other new additions

Along with Lazar, the Senators took goaltender Marcus Hogberg, right-winger Tobias Lindberg, defenceman Ben Harpur, centre Vincent Dunn, right-winger Chris LeBlanc and centre Quentin Shore.

came in the final 20 games of the regular season. While the offensive numbers are strong, the organization views him as an all-around forward.

"(He's) the type of player we were looking for," said assistant general manager Tim Murray. "He's a complete player.

He's gritty and competitive. He can play the game.

"I think he has a very good offensive game. I think he's compared to those competitive guys like (Los Angeles Kings captain) Dustin Brown because they are complete players and have an offensive game to them, and they play with an edge.

Added Tim Murray: "He's not being compared to the energy players of the world of the National Hockey League. He's being compared to guys with energy and grit and determination, but also the guys that score goals. I expect he's going to score 30 goals, for sure, for us." THE CANADIAN PRESS

## Sports in pictures



## 1 Wimbledon. Serena sent home early

Serena Williams lost 6-2, 1-6, 6-4 in the fourth round to German Sabine Lisicki. GETTY IMAGES

## 2 NBA. Raps say bye bye Bargs

The New York Knicks and Toronto Raptors have agreed on a deal involving Andrea Bargnani, a person with knowledge of the details said Monday. TORSTAR NEWS SERVICE

## 3 Cycling. Aussie keeps his yellow jersey

Sprinter Simon Gerran won Monday's third stage of the Tour de France. GETTY IMAGES



## Horoscopes

### Aries

March 21 - April 20

Some things come easy to you but other things you will never master. With that in mind, don't be afraid to give up on something today if it doesn't feel right. It's no big deal.

### Taurus

April 21 - May 21

You may not want to apologize about something but if refusing to do so puts a friendship at risk, it may be smart to swallow your pride and let them know you are sorry – even if you're not.

### Gemini

May 22 - June 21

With the Sun opposing Pluto today, there is a lot of pressure on you. But it is essential that you don't let others see you are stressed. Act tough even if you don't feel in the least bit on top of things.

### Cancer

June 22 - July 23

Everyone makes mistakes and in the greater scheme of things, your recent errors are minor, so stop worrying about them. Do something new today and make all the mistakes you like.

### Leo

July 24 - Aug. 23

Not only is the Sun moving through the most sensitive area of your chart but it opposes Pluto today, so it may feel as if all your power has been drained. Take it easy.

### Virgo

Aug. 24 - Sept. 23

Someone may not be showing you the respect you deserve but don't let it get to you. It is not what they do or say that matters but how you choose to react to it. Treat them with the contempt they deserve.

### Libra

Sept. 24 - Oct. 23

You know what needs to be done, so why don't you get on and do it? Maybe it's because you sense you won't get any help at all. Relax, you don't have to do it all today.

### Scorpio

Oct. 24 - Nov. 22

You may not get the support you need today. There is no point getting annoyed about it because the planets indicate your friends can't help even themselves at the moment, never mind help you.

### Sagittarius

Nov. 23 - Dec. 21

You rarely avoid a fight but the planets warn you would be wise to back off in the face of someone's belligerence today. Let them have their say and act a fool. It's no loss for you.

### Capricorn

Dec. 22 - Jan. 20

Pluto in your sign is opposed by the Sun today, which means you must be careful how you use your authority. Just because you have the power to make something happen does not mean you have to.

### Aquarius

Jan. 21 - Feb. 19

If you have to choose between competing offers today, go for the one that makes fewer demands on your time and energy. At work especially, try to avoid anything that requires you to exert yourself.

### Pisces

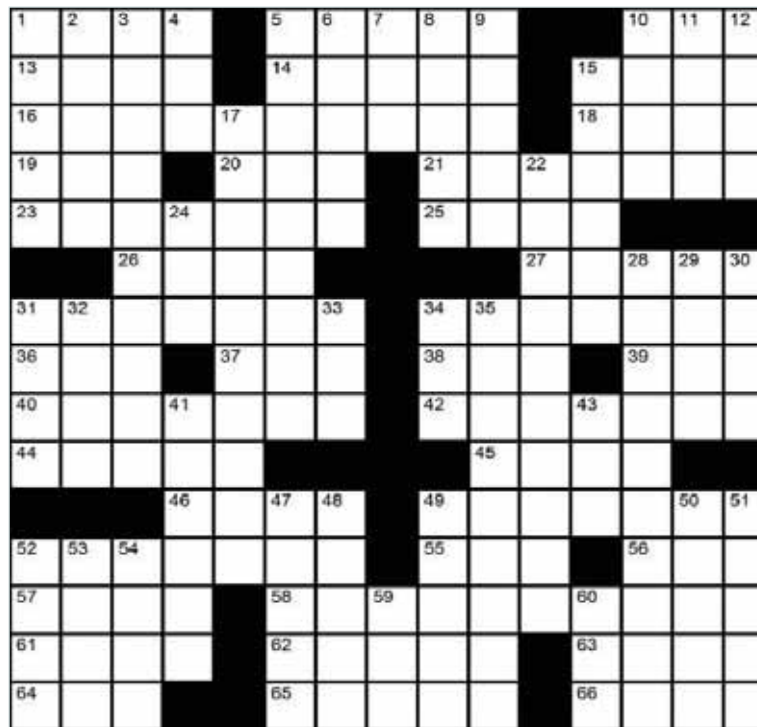
Feb. 20 - March 20

A project will come in for criticism today and you should listen and learn. However, having done so you must then make a decision and act on it. The last word must always be your own. SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Jennifer or Cynthia (Canadian actresses/sisters)
5. Mr. Kinnear's
10. Loud sound!
13. "Last one \_\_\_ a rotten egg!"
14. Convey
15. Musical finale
16. Country's Lady \_\_\_
18. Comb's comb-ee
19. Pecan
20. Papua New Guinea seaport
21. Shannen of "Beverly Hills, 90210"
23. Kid in "E.T.: The Extra-Terrestrial" (1982)
25. Singular of 'Inuit'
26. Goth/rock fans
27. Namesakes of Civil Rights activist Ms. Parks
31. Hindered
34. Toronto's Ed \_\_\_ Theatre
36. King, in Portugal
37. Actor, Daniel \_\_\_ Kim
38. "Either he goes \_\_\_ go!"
39. Comedy's Mr. Howard
40. "\_\_\_ X" (1992)
42. Physicians
44. Edgar \_\_\_ Poe
45. Type of flatbread
46. Investment portfolio item
49. "Friends" character's namesakes
52. Canadian



55. Men's deodorant brand
56. Coin of Vietnam
57. Desktop symbol
58. Suburbs area of Montreal: 2 wds.
61. Electrical resistance units

62. Made level
63. 50 Cent hit: "\_\_\_ Club"
64. Lake temperature tester
65. Have a hunch
66. Broadway musical, Rock of \_\_\_

### Down

1. Journalist Ms. Sawyer
2. Void
3. Alanis Morissette's is 'Jagged': 2 wds.
4. 'Legal' suffix (Lawyer-speak)
5. Instrument of government, The \_\_\_

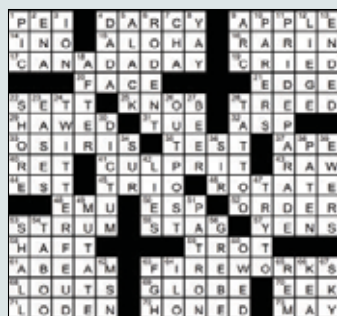
6. Get a new tenant
7. Ms. DeGeneres, to pals
8. Spanish architect, Antoni \_\_\_
9. Chef on ABC's "The Chew", Michael \_\_\_
10. 'Wild' animal
11. Mine entrance

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

12. SYTYCD judge Ms. Murphy
15. "Star Trek" role
17. O Rh Negative giver: 2 wds.
22. Severe storm systems
24. "\_\_\_ Mine" by The Beatles
28. Montreal designer who is a Member of the Order of Canada: 2 wds.
29. Ancient stringed instrument
30. He's opposite
31. "\_\_\_ la Douce" (1963)
32. Breakfast
33. Bill Clinton, e.g.
34. 1960s hipster
35. It gives PEI's soil its reddish colour: 2 wds.
41. Pioneer houses
43. Mai \_\_\_ (Cocktail)
47. Mr. Ginchich's
48. John \_\_\_ (Tractor company)
49. Pals
50. \_\_\_ (Spelled-out cable network)
51. Carbonated beverages
52. Donnybrook
53. Ontario's Bon \_\_\_ Provincial Park
54. Voluminous book
59. Earth's lightbulb
60. Irish coronation stone, \_\_\_ Fail

## Friday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



Today



Wednesday



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